



*A program for
all who are
concerned
about the
well being
and futures of
girls, teens, and
young women*

Growing Girls Strong

Strategies for Building Life Skills & Preventing High Risk Behavior

Friday June 12, 2009 • 8:40 am to 5 pm • Doubletree Hotel • Charlottesville, VA



Women's Health Virginia
1924 Arlington Boulevard, Suite 203
Charlottesville, VA 22903

Non-profit
U.S. Postage
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CONFIDENCE INVOLVEMENT INTEGRITY

AWARENESS COURAGE SELF

GOALS

ACHIEVEMENT

SENSIBILITY

ESTEEM

PROSPERITY

CHARACTER HAPPINESS RESPECT

RESPONSIBILITY VALUE SPIRIT

CREATE LOVE PROSPER WISDOM

HOPE RELATIONSHIP NURTURE

CONFIDENCE STRENGTH CARING

SELF FLEXIBILITY ACHIEVEMENT

COURAGE AWARENESS NURTURE

COMMUNICATION HONOR VISION

JOY INVOLVEMENT SPIRIT ESTEEM

SENSIBILITY INTEGRITY GOALS

REGISTRATION (Please print)

Name _____ Title/Degrees _____
(If student, year of study)

Organization/Firm _____

Address _____

E-mail address _____ Phone _____ Fax _____

Payment
My registration fee (\$75, \$40 for students) _____

A tax-deductible contribution to support WHV's
education and research programs _____

TOTAL _____

☐ I am enclosing a check payable to WOMEN'S HEALTH VIRGINIA
☐ I authorize WHV to charge my credit card

☐ Visa ☐ Mastercharge ☐ Diners ☐ American Express ☐ Discover
Number _____ Expiration _____

Signature _____

Name/address if different from registrant _____

I wish to apply for the following
continuing education credits:

Please tell us of any special assistance or
dietary needs:

Please return your registration to:
WOMEN'S HEALTH VIRGINIA
1924 Arlington Boulevard, Suite 203
Charlottesville, VA 22903
If you are paying by credit card,
you can register by phone at
434-220-4500 or online at
www.womenshealthvirginia.org

A financial statement is available upon written request from the Virginia Office of Consumer Affairs, P.O. Box 1163, Richmond, VA 23209

Women's Health Virginia 12th Annual Conference on Women's Health
Friday, June 12, 2009 • Doubletree Hotel • Charlottesville, VA

Growing Girls Strong

Strategies for Building Life Skills & Preventing High Risk Behavior

8:00 - 8:40 a.m.

Coffee, Registration and Visit Exhibits

8:40 - 8:50 a.m.

Welcome and Introduction

Miriam A. Bender, Chief Executive Officer, Women's Health Virginia

8:50 - 10:00 a.m.

Giving Girls the Tools to Thrive

Cindy Carlson, MEd, Director, Hampton Coalition for Youth

Colleen A. Kraft, MD, FAAP, Medical Director, Medical Home Plus, Richmond
Immediate Past President, Virginia Chapter, American Academy of Pediatrics

10:00 - 10:20 a.m.

Break and Visit Exhibits

10:20 - 11:45 a.m.

Building the Foundation: Early Childhood

Katharine C. Kersey, PhD, Professor and Chair, Department of
Early Childhood, Speech Language Pathology and Special Education,
Old Dominion University, Norfolk

Susan R. Geller, MS, President, Wingspan, Glen Allen

Cristy Nibblins, Extension Agent, 4H Youth Development, Culpeper

11:45 a.m. - noon

Break and Visit Exhibits

12 noon - 1:20 p.m.

Luncheon

An opportunity to converse with the speakers and colleagues

1:20 - 2:45 p.m.

Moving Towards Adolescence: Middle Childhood

Lynne Haverkos, MD, MPH, Program Director, Pediatric Behavior and
Health Promotion, Eunice Kennedy Shriver National Institute of
Child Health and Human Development, National Institutes of Health

Colleen C. Dougherty, Board of Directors, Girls on the Run of
Greater Lynchburg

Cindy Angus, MSM, RN, Wellness Director, YMCA of Greater Richmond

2:45 - 2:55 p.m.

Stretch Break

2:55 - 4:20 p.m.

Moving Towards Adulthood: Teen Years

Angela Huebner, PhD, Associate Professor, Department of Human
Development, Virginia Tech, Northern Virginia Center, Falls Church

Nancy Deutsch, PhD, Assistant Professor, Curry School of Education,
University of Virginia, Charlottesville

Laura Yager, MEd, LPC, Director, Prevention, Resource Development &
Community Relations, Fairfax-Falls Church Community Services Board

4:20 - 5:00 p.m.

Voices of Youth

Arielle Rosmarino, Glenvar High School, Roanoke, Class of 2009,
participant in Roanoke Prevention Council for Youth

Rachel Pennington, University of Virginia, Class of 2012,
4-H participant, originally from Rockingham County

Portia Henry, University of Virginia, Class of 2010,
former participant in Hampton Coalition for Youth



Learn about factors that contribute to positive development and programs that are effective in helping girls make better choices and have healthier lives.

Registration Fee: \$75, \$40 for students

Fee includes luncheon, parking, materials and continuing education credits. Limited scholarships are available. You can register by mail, online at www.womenshealthvirginia.org or by phone at 434-220-4500.

Women's Health Virginia is applying for continuing education credits including

- Continuing Medical Education credits from the AAFP
- Nursing Contact Hours to be approved by the Virginia Nurses Association
- CHES Continuing Education Contact Hours from the VA Dept. of Health
- Continuing Education Credits for Social Workers from the NASW
- CPEs for Dietitians from the Virginia Dietetic Association
- WHV will provide certificates of attendance for others upon request.

Accommodations

Conference participants can reserve single or double rooms at the Doubletree Hotel for June 11 or 12 at a special rate of \$114 per night + tax, by calling 434-973-2121 or 1-800-494-9467 by May 11, 2009 and indicating Group Code WHV.

Program Support and Sponsorship

Office of Women's Health Region III, U.S. Department of Health and Human Services
National Eating Disorders Association VCU Health System

WOMEN'S HEALTH VIRGINIA is a non-profit organization dedicated to enhancing the health and well being of women and girls in Virginia through education, research and outreach. Using a multidisciplinary approach, WHV brings together diverse people and organizations concerned about women and girls' wellness.

For further information about Women's Health Virginia or the conference,
email mail@womenshealthvirginia.org or call 434-220-4500.

GOALS CHALLENGES

MOTIVATION STRENGTH COURAGE

INTEGRITY RESPECT